

## » Physical Therapy In Sports: Golf Highlight

Posture, fitness, and flexibility are critical to help remain fit and injury-free for any sport, particularly golf.

The achievements of professional golfers like Tiger Woods, Phil Mickelson and Lorena Ochoa highlight a new athleticism associated with a sport that was once considered "leisurely." Today's men and women golfers, both amateurs and professionals, are training to be stronger and more flexible, capable of far powerful swings than ever before.



According to the American Physical Therapy Association (APTA), awareness of proper posture and the importance of fitness and flexibility are just as important for weekend golfers as they are for professional athletes. Most athletes, including golfers spend thousands of dollars each year on new and improved equipment, but the most important piece of equipment is the human body.

Did you know:

- In 2005, Golf Digest calculated that the countries with most golf courses per capita were: Scotland, New Zealand, Australia, Ireland, Canada, United States, Sweden, and England (countries with fewer than 500,000 people were excluded). The number of courses in new territories has been increasing rapidly.
- There are over 35 million people that play golf in the United States alone. Golfers need to take the time to work at their game and their conditioning if they want to excel in the game. Golfers should have access to a physical therapist who can assess their physical abilities and provide individualized training programs that address muscle imbalances, body mechanics, strength, posturing and cardiovascular fitness.

## » Golf Conditioning By Your Physical Therapist

Just like any professional sport, there has been a significant increase in injuries among professional golfers, primarily because of the increased physical stress and intense training associated with the sport. Strength, flexibility, and endurance are just as important as exceptional driving distance and keen putting skills.



It is now the norm, not the exception, for professional and non-professional men and women golfers to work with physical therapists to improve these factors. For golfers to improve their swing, it is vital that these programs be tailored to their individual skills. There are certain types of training that may actually hinder - not help - athletes. What works for someone else may not work for you!

Call us today to find out what you are missing in your training as you aim to excel at your sport. We can help condition you for all sports, not just golf.

## » Keeping Injuries Away



Professional golfers make it look easy, but the **golf swing is actually one of the most difficult and complicated movements** in all of sports, requiring stability in some joints and flexibility in others. The ability to coordinate motion, strength, and function throughout the swing play a large role in preventing injuries. A better swing means a more accurate ball strike, greater distance, and less stress on the muscles and joints.

Our physical therapists work with individuals in all sports. We have observed that recreational golfers often complaining of spine-related injuries, including upper and lower back, shoulder and neck pain. Leisure golfers attempt to swing with the speed and force of professional athletes, but did you know that with


**each swing 7 to 8 times a golfer's weight is directed into the spine?**

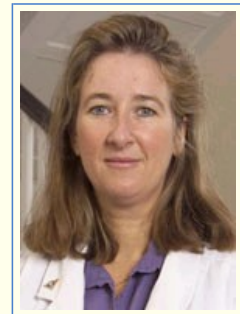
With this kind of force, it's easy to damage discs and strain muscles. Multiple core (not just abdomen) stabilization exercises are critical for golfers. Pilates programs are an example of excellent injury-prevention tools that can ultimately help golfers improve their performance.

Golfers of all ages and abilities should make a habit of the following:

- Warm up and stretch before teeing off. Spend at least 20 minutes warming up and stretching all the major muscle groups, especially the back and extremities, before practice or play. Don't wait until you are on the course before stretching because that is neither practical nor conducive to a thorough stretch.
- Don't forget the cardiovascular conditioning. Fatigue can result in poor performance due to a lack of coordinated body movements. To keep endurance up and muscles warm and conditioned, we suggest golfers walk the course whenever possible, as continued aerobic conditioning is an essential component of golf fitness.

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Francine Noel-Ford, DPT

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### Patient Testimonial

Francine and all the staff at back to basics were very thorough and were able to determine just the right treatment exercises to enable me to work toward restoration.

Communications between physical therapists and patient were excellent and I always looked forward to my visits.

Because of the excellent care I received at Back to Basics, my issues have improved considerably. Most of that is due to being able to take with me the exercises and knowledge I received from the physical therapy staff. They were more than willing to share information, links to websites for equipment needs, and answer my questions, and I had lots of questions! But never once did they hesitate to do whatever it took to make sure I was receiving the best care and that I fully understood all that care entailed.

I consider myself a success story because I took all they taught me home with me. When my husband saw how quickly I got myself into a daily routine and took my exercises and stretches seriously, he got involved. I am now walking 35 minutes each morning five days a week faithfully, and doing my stretches and exercises.

Because of Francine's ability not only to treat, but teach, I now know what to do when I over do it. I was actually sad when my treatments were over because I knew I was going to miss "my new friends" at Back to Basics. Joyce Q.

### Do you need Physical Therapy?

If you have any of the following **conditions** we can **help!**

Tendonitis/ Bursitis  
Sprain/ Strain

Thank you for reading. Call us today to see what you are missing to help you improve your game (and your swing)!

Jaw, Neck, or Back Pain  
Tension Headache  
Pelvic Pain/ Incontinence  
Lymphedema  
Trigger Points

Pre/ Post Surgical Protocols

Most Insurances Accepted!

**ANNOUNCEMENTS**

**We are now offering Pre/ Post Natal, Osteoporosis, Pilates and Yoga Classes. Please call 540.985.0500 to register.**

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***(MUST BE A PREVIOUS PATIENT)***

**Hope everyone is enjoying their summer!**



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